



6. Drei-Kirchen-Neujahrslauf  
Günthersleben / 18.01.2015

Detailed evaluation

Buch, Ralf

Number: 137

Course: 10.00 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 45:02

Speed: 13.32 km/h

Running performance: 4:30 min/km

Rank in course/Total: 133 (of 338)

Rank in course/Men: 64 (of 260)

Best time in course: 31:03

Rank in category: 16(of 50)

Best time in the category: 38:56